

Pacific University

CommonKnowledge

Diabetes Education Tools

Patient Education Tools

2-2018

Blood Glucose Goals - English

Michele Spatz

Pacific University, mspatz@pacificu.edu

Ruth Dallas

Virigina Garcia Memorial Healthcare Clinic, rdallas@vgmhc.org

Recommended Citation

Spatz, Michele and Dallas, Ruth, "Blood Glucose Goals - English" (2018). *Diabetes Education Tools*. 5.
<https://commons.pacificu.edu/det/5>

This Article is brought to you for free and open access by the Patient Education Tools at CommonKnowledge. It has been accepted for inclusion in Diabetes Education Tools by an authorized administrator of CommonKnowledge. For more information, please contact CommonKnowledge@pacificu.edu.

Blood Glucose Goals - English

Description

Simple, one page handout illustrating blood glucose goals.

Keywords

Diabetes, Blood Glucose, Goals

Disciplines

Endocrine System Diseases | Nutritional and Metabolic Diseases

Rights

Terms of use for work posted in CommonKnowledge.



What is a healthy blood sugar level?



Less than 130
before eating



Less than 180
1 hour after a meal